

## Mental Health and Disability Services Redesign 2011

## **Core Services and Programs**

Source: Adult Mental Health Workgroup Date Created: September 30, 2011

This table describes high level domains, an array of core services necessary in a system, and the core programs with an evidence-base that can deliver the services necessary to yield positive outcomes. Due to the relevance of some services and programs in each of the domains, several apply to more than one domain.

Core Service	Core Services	Core Program/Service		Statewide
Domain			in	
			System	
Crisis Prevention and Intervention	Inpatient treatment; long and short-term Evaluation and stabilization 24 hour access 24 hour hotline/warm line 24 hour mobile response Sub-acute/Crisis Respite/Residential 23 hour crisis stabilization beds Diversion services Information and Referral Linkages back to services; transition services Family Support Peer Support Advocacy	Psychiatric Emergency Screening Program with <sup>1</sup> :  - 24 hour hotline  - Mobile Response <sup>2</sup> - 23 hour crisis stabilization beds Crisis Residential <sup>3</sup> Respite 24 hour Warm Line Inpatient Treatment: Local (short-term) <sup>4</sup> Inpatient Treatment: MHI (longer term)	Y Y Y 6 Y 7 Y N Y Y	N

<sup>&</sup>lt;sup>1</sup> PES operated within an Emergency Department to work with doctors in the civil commitment process. 24 hotline may be operated out of the ED, Regionally, or locally through CMHC or other provider. To Be Discussed.

<sup>&</sup>lt;sup>2</sup> Mobile Screening is a mechanism to divert from hospitalization and/or to facilitate civil commitment process with PES. May be operated from an ED or local provider such as CMHC or other.

<sup>&</sup>lt;sup>3</sup> Crisis Residential to be operated within each Region.

<sup>&</sup>lt;sup>4</sup> Inpatient Care provided at acute care hospitals. Beds should be available in each Region.

<sup>&</sup>lt;sup>5</sup> Programs in this category need to be defined.

<sup>&</sup>lt;sup>6</sup> Magellan funds.

<sup>&</sup>lt;sup>7</sup> Through waivers, limited access.

	T		Tal	T
Mental Health	Information and Referral	Outpatient Services	Υ	Υ
Treatment Services	Individual, Group and Family	- Individual	Υ	Υ
	Counseling/Psychotherapy	- Group	Υ	Υ
	Medication Management	- Family	Υ	Υ
	Structured day treatment	Medication Management	Υ	Υ
	Assessment and Evaluation	Partial Hospitalization	Υ	N
	Person-centered planning	Partial Care/Day Treatment	Υ	N
	Risk Assessment	Clubhouse	Υ	N
	Co-occurring Disorders treatment	Tele-psychiatry	Υ	N
	Tele-psychiatry	Pharmacy Services/Coverage	Υ	N
	Cognitive Behavioral Therapy	,		
	Motivational Interviewing			
	Psychosocial Rehabilitation			
	Integrated Dual Disorders			
	Treatment/Relapse Prevention			
	Trauma-informed Care			
	Psychological testing			
	Substance Abuse Treatment including			
	detoxification and medication assisted			
	treatment			
	Medication			
	Intensive Psychiatric Rehabilitation			
Community Living	Information and Referral	Residential Services <sup>8</sup>	Υ	N
Community Living	Assessment, evaluation and person-	- Sub-acute	Ň	N
	centered planning	- Supportive Housing	Y	N
	Residential support services	- Supportive Housing with up to	Ý	N
	In-home support services	24 hour support	Ϋ́	N
	Housing or Rental Assistance	Community Support Services <sup>9</sup>	Ϋ́	Y
	Transportation	- Case Management	Ý	Y
	Care coordination	- Case Management - Community Support Services	Ý	Y
	Consumer Empowerment	(CSS)	•	
	Advocacy	- Supportive Community Living	Y	Υ
	Service System Navigation		<b>'</b>	
	Personal Care Services	(SCL)	Y	N
	Homemaker Services	Projects for Assistance in Transition	'	14
	Nursing services	from Homelessness (PATH)	Y	N
	Transition services	Peer Delivered Services: 10	Y	N
		- Self-help/Drop-in Centers		
	Skill building Assistance with benefits/entitlements	- Peer Navigators	N	N
		- Peer Wellness Coaches	N	N
	Socialization/Recreation	- Recovery Support Coaches	N	N
	Relapse prevention	Assertive Community Treatment	Υ	N

<sup>&</sup>lt;sup>8</sup> As a Core Service, Residential programs should be consistent with Supportive Housing principles – meaning housing is not contingent upon compliance with medication or other treatment. Leases should be considered. RCF are not considered a Core Service.

<sup>9</sup> Community Support Services encompasses Case Management, CSS, SCL and Supportive Housing. Services can be provided by an individual worker or from a team approach.

<sup>10</sup> Peer workers should be hired in all Core Programs/Services.

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Employment	Environmental modifications, adaptive devices and therapeutic resources Intensive Psychiatric Rehabilitation  Job readiness, skill development Educational supports Transportation Advocacy	Supported Employment <sup>11</sup> Supported Education	Y N	N N
Recovery Supports	Peer Support Job readiness, skill development Educational supports Transportation In-home supports, including skill development Supportive Counseling Information and Referral Co-occurring disorders services Relapse prevention Advocacy Service System Navigation Wellness and Recovery Action Planning Illness Management and Recovery Assistance with benefits/entitlements Socialization/Recreation Temporary Rental Assistance	Residential Services - Supportive Housing - Supportive Housing with up to 24 hour support  Community Support Services - Case Management - Community Support Services (CSS) - Supportive Community Living (SCL)  Projects for Assistance in Transition from Homelessness (PATH)  Peer delivered Services: - Self-help/Drop-in Centers - Peer Support Specialists (Peer Navigators, Peer Wellness Coaches, Recovery Support Coaches)  Supported Employment Supported Education Transportation	Y N N Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	N N N N N N N N N N N N N N N N N N N
Family Supports	Information and Referral In-home Support Services Counseling and Therapy Advocacy Transportation	Intensive Family Support Services Family Psycho-education	N Y <sup>12</sup>	N N
Mental Health Prevention	Screening and Assessment in Primary Care Settings Education and awareness training Health education/promotion/stigma activities Care coordination Relapse prevention	Mental Health First Aid Psychological First Aid Health Homes Illness Management and Recovery	Y Y Y	N N N N

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<sup>&</sup>lt;sup>11</sup> Sheltered Workshops are not considered a Core Service.

Not funded by Medicaid or County lowa Department of Human Services

Health and Primary Care Services	Information and Referral Integrated treatment between mental health and primary health Care coordination General Prevention and Health Screenings Physical Health promotion Access to appropriate clinical services Medication Management Dental services Advocacy Tele-health	Health Homes <sup>13</sup> Medical Homes Psychiatric On-call Consultants for use by Primary Care Physicians <sup>14</sup>	Y Y N	N N N
Justice Involved Services	Jail diversion at multiple intercepts Re-entry services Linkage and referral to mental health system Advocacy Care coordination Assistance with benefits/entitlements Service System Navigation	Crisis Intervention Teams (CIT) Jail Diversion Programs Re-entry Programs	N Y Y	Z Z Z

<sup>&</sup>lt;sup>13</sup> Health Homes: Health Home model may be applied throughout all of the Domains and Core Services, particularly for individuals who most frequently use acute care mental health and primary care services (i.e. top 5% of users).

Statewide or Regional program can be established to provide Primary Care Physicians access to consulting services from Psychiatrists. Iowa Department of Human Services